



Exploring our Values. In our everyday life we easily lose touch with what matter to us and often park activities that fill us up. Connecting to our core values is a powerful tool that supports decision-making. This enables us to make thoughtful and responsible choices, analyze their implications and to take meaningful action in every moment of our lives.

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Which values guide us?

Discover what we each stand for as we reconnect with the values that guide our behaviours and the choices we make.

Where do values show up?

Explore the connectivity between morals, ethics and values, applying ethical reasoning when making decisions.

What are the unwritten rules?

Discover the social contracts that exist in our lives and bring awareness to their role and the values that underpin them.

How should we live?

Explore fairness by viewing our values through different perspectives. Recognise how others feel in different circumstances and how this empathy may affect decisions.


Lesson Plan: What are the unwritten rules?

Lesson support:

- Click on the lesson plan for a detailed guide to each activity.
- There are supporting notes beneath each slide
- Note: Learners will understand the activities in this lesson best when they are modelled and shared by the teacher.

Equipment needed:

- Pen, paper, computer, projector.



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Lesson Guide – What are the unwritten rules?

Purpose: Explore fairness by viewing our values through different perspectives. Recognise how others feel in different circumstances and how this empathy may affect decisions-making.

Equipment needed: Pen, Paper, computer, projector.

Lesson timings (50 minutes): The timings are just a guide. The lesson can be delivered as a whole, in sections, or if there is a rich discussion in one section, take the time and allow that to develop.

Pre-Work		
Teachers : N/A		
Students : N/A		
Lesson structure	Lesson Content	Resources / Comments
Class Environment 5C Slide	Share the 5C's of the CfL classroom to create a respectful, safe atmosphere and to build trust with each other. Together we are growing a creative, critical, caring, collaborative environment where positive, supportive communication is developed through listening, sharing and building on ideas.	Remind learners how a classroom that explores CfL topics needs to look, feel and sound.
Check-In Whole Group (5 mins) Grounding Exercise	Click the video to introduce learners to the benefits of a grounding exercise in managing anxiety and being present.	The video transcript is in the slide notes if the video does not play.
Warm-Up Groups of 4 (10 mins)	Learners self organise into pairs and then organise the pairs into groups of 4.	Extra guidance is in the slide notes for these tasks.
Social Contracts	Introduce learners to the idea of social contracts, that in society we work in a reciprocal, mutualistic way. <ol style="list-style-type: none">1. Present learners with the last cookie scenario.2. Learners reflect on the social contracts in their lives,	



Lesson Guide Video: What are the unwritten rules?

Lesson support

Click on the video for a 5 minute introduction on how to approach this lesson.



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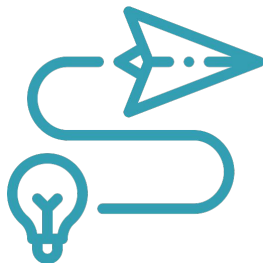
Unit: U



The 5 C's



Collaborative



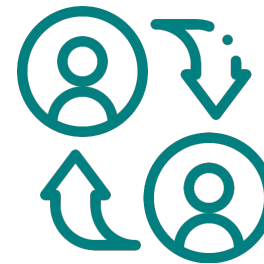
Creative



Caring



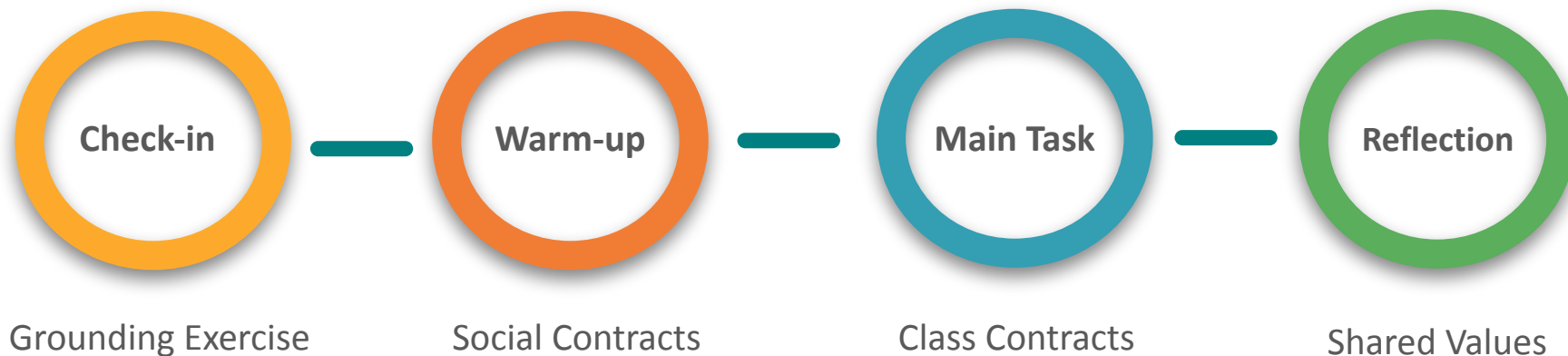
Critical



Communication

Lesson guide: What are the unwritten rules?

Discover the social contracts that exist in our lives and bring awareness to their role and the values that underpin them.

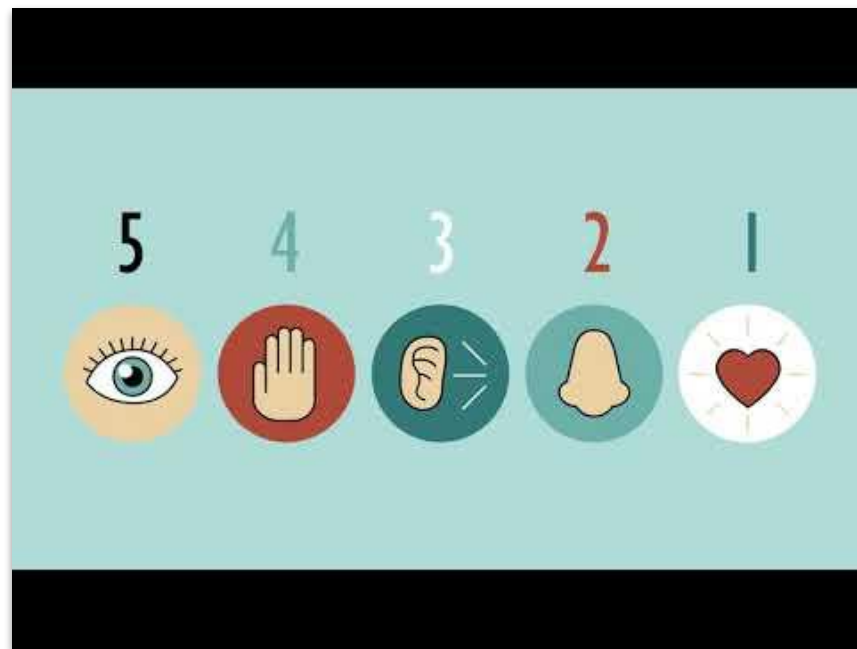


Check-in: Grounding Exercise

Whole
group

Grounding exercises help us be present in the moment, refocus our attention and manage anxiety by helping our mind to relax.

- 5 things you see
- 4 things you can touch
- 3 things you hear
- 2 things you smell
- 1 thing you feel



Warm-up: The Last Cookie

Groups of 4

I Split – You Pick: A parenting strategy (to manage fighting siblings):

Scenario: There is one cookie left in the tin, you are arguing over it with your two siblings. You are told to share the cookie, you get to split the cookie but you are the last to select the piece you can eat.

Discuss:

- How do you split the cookie and why?
- What does that tell you about unwritten rules in our society?





Warm-up: Our Social Contracts

Groups of 4

Contracts are everywhere: Marriage, citizenship, employment.

In many societies our social contracts involve giving up certain freedoms for protection (E.g, law and health care).

We also have reciprocal unwritten contracts in our relationships.

In groups of 4 share:

The unwritten rules of your family or friendship groups.

- What values underpin these rules?
- What freedoms do you surrender for your social contracts?
- What are the limitations of our social contracts?



Co-create the final list:

- The person nominated to feedback will share their groups response for each question.
- Collate the group responses for each question.
- As a class vote on the top responses to keep for each question.
- For each question, decide the values that underpin the response, use the list to help.

1. Kindness
2. Integrity
3. Acceptance
4. Focus
5. Responsibility
6. Honesty
7. Commitment
8. Loyalty
9. Open-mindedness
10. Growth
11. Friendship
12. Faith
13. Knowledge
14. Leadership
15. Optimism
16. Spirituality
17. Sense of community
18. Empathy
19. Respect
20. Perseverance
21. Gratitude
22. Curiosity
23. Blessing
24. Compromising
25. Adjusting
26. Truth
27. Trust
28. Respectful
29. Humility
30. Being true to yourself
31. Love for family
32. Hard work
33. Courage
34. Responsibility
35. Generosity
36. Justice & fair
37. Determination
38. Patience
30. Confidence

In your group:

- Review the final version of the class social contract
- Share with the class any changes you feel are needed?

Review the list of shared values:

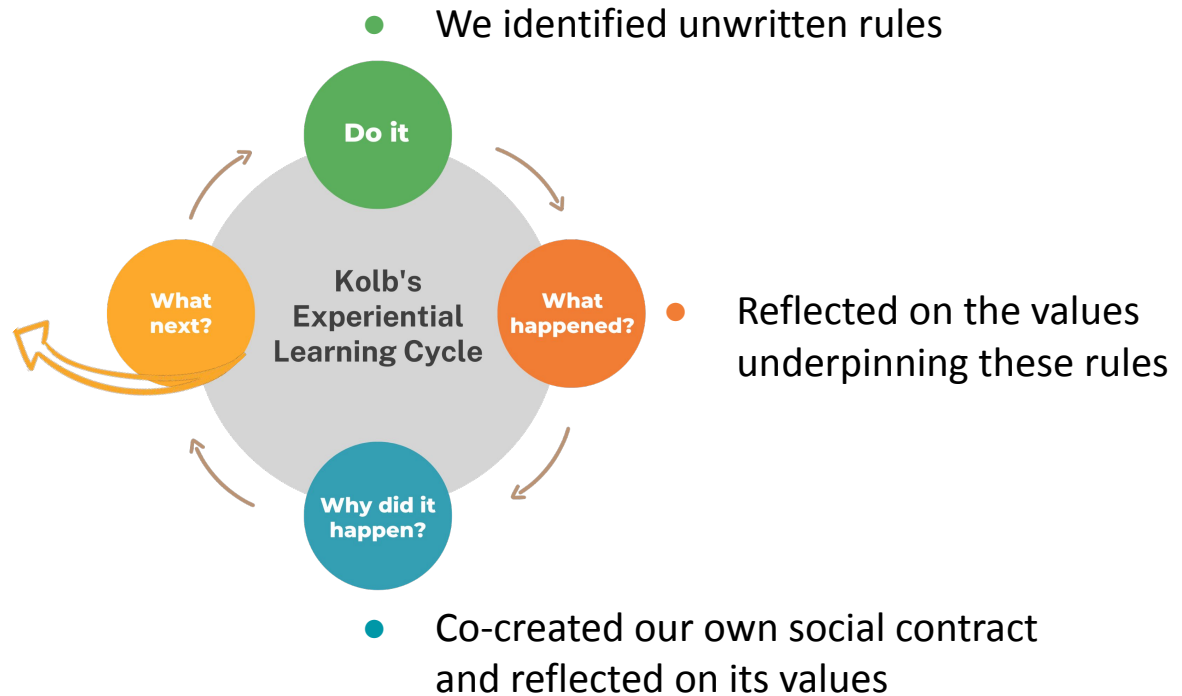
- Where else do these shared values show up in your lives?
- Where do aspects of this social contract exist in your other relationships?





Check-out: What next?

- How can you use what you have learned in the future?
- Example: Plan to deliberately enact your groups' social contract this week



How was this lesson produced?

This lesson was co-created with youth, educators and topic experts from around the world.

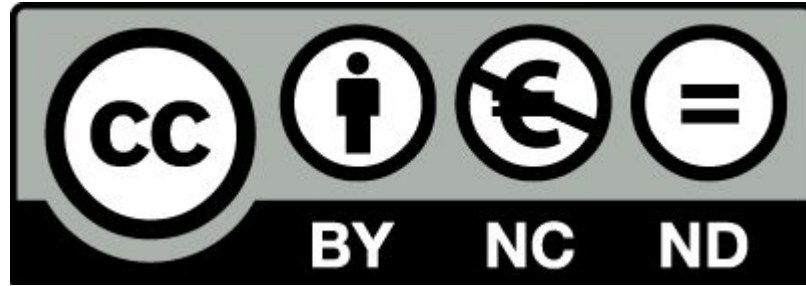
Together, we:

- Discussed what, why and how we'd like to learn
- Curated resources
- Created experiential learning activities
- Weaved in evidence-informed approaches
- Built-in opportunities for reflection and contextualisation





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